

IMPACT MONTHLY NEWS | JUNE 2026

TABLE OF CONTENTS

- 1: Healthy doesn't stop for summer
- 2: How to travel without losing progress
- 3: Hydration spotlight
- 4: Monthly Recipe Greek Pasta Salad
- 5: Vacation Movement
- 6: Community Spotlight
- 7: Monthly Challenge

Impact Wellness Team Note



HEALTHY DOESN'T STOP FOR SUMMER

Every year around this time, I notice the same thing happen. People start disappearing. Not because they stopped caring about their health. Not because they failed. Usually because summer showed up. **Vacations. Late nights. Baseball games. Pool parties. Road trips.** Kids out of school. Schedules shifting constantly.

And somewhere along the way, many people start feeling like they're either "all in" or "completely off track." One weekend away turns into:

"I'll restart Monday."

Then:

"I'll restart after vacation."

Then:

"I'll restart in the fall."

But sustainable health was never supposed to disappear every time life became enjoyable.

Healthy people still:

- go on vacation
- eat dessert
- miss workouts
- stay up late sometimes
- enjoy summer

The difference is they learned how to come back without guilt.

At Impact Wellness, we spend a lot of time talking about structure, but structure is not the same thing as restriction. Real wellness has to be flexible enough to exist during real life, or it will never last long term.

This month, we're talking about how to navigate summer without feeling like you have to choose between enjoying your life and taking care of yourself.

Because the goal was never perfection. The goal was learning how to live well consistently.

IMPACT MONTHLY NEWS | JUNE 2026

WELLNESS TIP

HOW TO TRAVEL WITHOUT LOSING YOUR PROGRESS

One of the biggest mindset shifts we try to teach patients is this:

Your body responds to long-term patterns far more than short-term events.

Many people approach vacations and summer events with an **“all or nothing”** mindset. One indulgent meal becomes:

“I ruined everything.”

One missed workout becomes:

“I fell off track.”

That cycle creates far more damage emotionally and physically than the actual vacation ever does.

Focus on anchors instead of perfection:

- prioritize protein
- stay hydrated
- walk often
- get sunlight
- move your body daily in some capacity
- avoid the “I already ruined it” mindset

Vacation is not a metabolic emergency. Most temporary changes after travel are related to:

- sodium
- dehydration
- inflammation
- poor sleep
- stress hormones

The healthiest people are not the people who never miss a workout. They’re the people who know how to return to their routines without shame..

CLINIC SPOTLIGHT

WHY SUMMER DEHYDRATES YOU FASTER THAN YOU THINK

Hydration becomes significantly more important during summer — especially for patients focusing on metabolic health, exercise performance, recovery, or GLP-1 support.

Many people assume dehydration always feels dramatic, but mild dehydration often shows up as:

- fatigue
- headaches
- dizziness
- constipation
- brain fog
- increased hunger
- lower exercise tolerance

For many people, starting with:

- one 40 oz tumbler
- ice
- electrolytes
- and consistent daily intake

can dramatically improve energy, digestion, recovery, and cravings.

And **NO...** your water does not have to taste boring to count.



IMPACT MONTHLY NEWS | JUNE 2026

HYDRATION STATION



WATER TOK RECIPES: NO MORE BORING WATER

Strawberry Daiquiri Hydration

- 40 oz water + ice
- 1 packet Redmond Re-Lyte Strawberry Lemonade
- 1 Margaritaville Strawberry Daiquiri water packet

Key Lime Pie Water

- 40 oz water + ice
- 1 Wyler's Light Lime packet
- 1/2 Wyler's Light Vanilla packet
- 1 Waterboy Lemon Lime electrolyte packet
- fresh lime slices

Tropical Paradise Water

- 40 oz water + ice
- 1 Crush Tropical Slush packet
- 1 Wyler's Light Strawberry Banana packet
- 1 Waterboy Citrus electrolyte packet
- optional splash of Chobani Sweet Cream or Coconut Creamer (will add some cals)

Unicorn Summer Refresher

- 40 oz water + ice
- 1 Ocean Spray Berry Burst packet
- 1 Great Value Unicorn Drink Mix packet
- 1 Redmond Re-Lyte Mixed Berry packet

Peach Ring Paradise

- 40 oz water + ice
- 1 Great Value Peach Ring Packet
- 1 Redmond Re-lyte Mango
- 1 Dehydrated/Freeze dried peach crumbles

Pineapple Beach Day

- 40 oz water + ice
- 1 Crush Pineapple Packet
- 1 Waterboy Citrus
- 1 splash coconut water

Orange Creamcicle Hydration

- 40 oz water + ice
- 1 Sunkist Orange Packet
- 1/2 Wylers Vanilla Packet
- 1 Waterboy Citrus

Pink Paradise

- 40 oz water + ice
- 1 Crush Pink Swirl Slush
- 1 Great Value Cotton Candy Packet
- 1 Redmond re-lyte Mixed Berry

Blue Lagoon

- 40 oz water + ice
- 1 Crush Blue Raspberry
- 1 Waterboy lemon Lime
- 1/2 True lime packet

IMPACT MONTHLY NEWS | JUNE 2026

WEEKLY RECIPE



GREEK CHICKEN PASTA SALAD

This recipe is SUMMER in a BOWL. Easy to prep, packed with protein, and simple enough for busy weeks, road trips, or pool/lake days. It travels well, tastes great cold, and helps take the guesswork out of healthy eating. Because sometimes the best nutrition strategy is having something ready when life gets busy.

INGREDIENTS

- 8 oz protein pasta
- 1 lb grilled chicken breast (or rotisserie)
- 1 cup cucumber, chopped/cubed
- 1 cup cherry tomatoes, halved
- 1/2 red onion, chopped
- 1/2 cup feta cheese, crumbled
- 1/3 cup kalamata olives, halved

Dressing

- 2 TBLS olive oil
- 1 lg Lemon, juiced (about 3 TBSP)
- 1 tsp garlic powder
- 1 tsp oregano
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

DIRECTIONS

1. Cook pasta according to package directions. Drain and allow to cool.
2. Combine pasta, chicken, cucumber, tomatoes, onion, feta and olives in a large bowl
3. Whisk together dressing ingredients
4. Toss all ingredients with dressing until evenly coated
5. Refrigerate for 30 minutes or more before serving.

MACROS

420	38 G	32 G	14 G	8
CALS	PRO	CARB	FAT	FIBER

PREP: 15 MIN • COOK: 10 MIN • SERVES: 4 (2 CUPS OR 14OZ EACH)

Notes:

Storage: well refrigerated for 3–4 days and works great for meal prep or summer gatherings.

Why we like it:

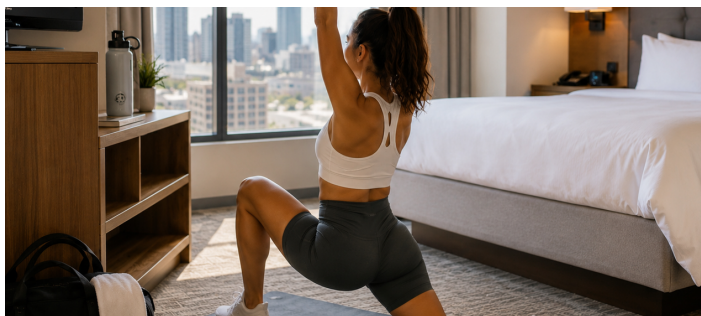
- 38 g of Protein
- Great for meal prep
- Travels well
- Balanced protein, carbs and fats
- Can be eaten cold





IMPACT MONTHLY NEWS | JUNE 2026

MOVEMENT CORNER



VACATION MOVEMENT STILL COUNTS

Movement does not have to look perfect to matter.

Summer is one of the best times to increase movement naturally through:

- walking
- swimming
- hiking
- outdoor activities
- travel

15-Minute Hotel Room Circuit:

- Bodyweight Squats — 12 reps
- Incline Push-Ups — 10 reps
- Glute Bridges — 15 reps
- Reverse Lunges — 8 each side
- Plank Hold — 30 seconds

This month's challenge:

Take a 10-minute walk after each meal every day.

COMMUNITY SPOTLIGHT

"I DIDN'T RESTART THIS TIME."

One of our patients recently came back from vacation and said something simple that honestly meant a lot to me:

"Normally I would've come home feeling guilty and like I ruined everything. This time I just went back to my normal routine the next day."

That may sound small. But honestly, that mindset shift is huge.

Because sustainable health is not built by avoiding vacations, restaurants, birthdays, or real life.

It's built by learning that one weekend does not erase your progress.

The goal is not perfection. The goal is building habits and confidence strong enough that you stop feeling like every interruption is failure.

Closing Thoughts:

Summer is supposed to be lived in. The goal is not to avoid the memories. The goal is to build habits supportive enough to come with you while you make them.

Have an adventurous month, and make healthy choices.



Founder Impact Wellness & Longevity

IMPACT *Wellness*

& LONGEVITY

15-min HOTEL ROOM Circuit

No gym? No problem. Just 15 minutes to move, feel better, and keep your routine on track. Where ever your travels take you are covered!!

1 BODYWEIGHT SQUAT 12 REPS

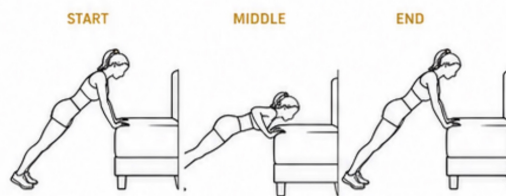


Bodyweight Squat — 12 reps

Stand with feet shoulder-width apart. Lower your hips back and down, then stand tall. Keep your chest lifted.

Cue: Sit back like you're lowering into a chair.

2 INCLINE PUSH-UP 10 REPS



Incline Push-Up — 10 reps

Place hands on a stable elevated surface. Lower your chest toward the surface, then push back up. Keep your body straight.

Cue: Keep your body moving as one piece.

3 GLUTE BRIDGE 15 REPS



Glute Bridge — 15 reps

Lie on your back with knees bent and feet flat. Lift your hips up by squeezing your glutes, then lower with control.

Cue: Think about lifting from your hips, not your low back.

4 REVERSE LUNGE 8 EACH SIDE

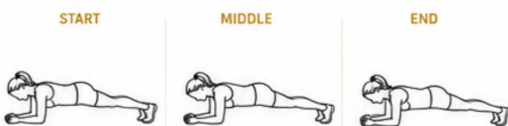


Reverse Lunge — 8 each side

Step one foot backward and lower your body until both knees are bent, then push through your front heel to return to standing.

Cue: Stay tall and controlled.

5 PLANK HOLD 30 SECONDS



Plank Hold — 30 seconds

Start on your forearms and toes with your body in a straight line. Engage your core and hold steady. Breathe normally.

Cue: Imagine pulling your belly button toward your spine.

15-MINUTE HOTEL ROOM CIRCUIT 3 ROUNDS

- ✓ Bodyweight Squats — 12 reps
- ✓ Incline Push-Ups — 10 reps
- ✓ Glute Bridges — 15 reps
- ✓ Reverse Lunges — 8 each side
- ✓ Plank Hold — 30 seconds

Rest 30–60 seconds between rounds.

No gym required. No equipment required. Just enough movement to help your body stay active while enjoying your summer adventures.